



Tutor Connection

Winter 2018 Edition

EMPLOYMENT ONTARIO

Tri-County Literacy Council is a community-based, non-profit organization that enriches both community and individuals by addressing literacy needs

“A goal should scare you a little & excite you A LOT.”

Joe Vitale

By Carol Anne Maloney, Coordinator of Volunteers

Mental Health

In October I was fortunate to go to a 2-day First Aid Workshop on Mental Health given by CMHA Champlain East Branch. Mental health was defined by the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with challenges. I was introduced to the term “ALGEE” as a way to help individuals suffering from mental health issues. In a given year, 1 in 5 Canadians will personally experience a mental health issue. ALGEE is a mnemonic device for a First Aid Action Plan for Mental Health.

ALGEE stands for:

- ❖ **ASSESS** the situation. Mental Health is on a continuum. How serious is the situation?
- ❖ **LISTEN** non-judgementally. Move to a quiet location. Encourage the person to slow down their breathing. Be conscious to have good eye contact and have open body posture. Paraphrase back what the individual is saying and ask open-ended

questions. Don't offer advice. Sit beside the person. Most communication is non-verbal.

- ❖ **GIVE** reassurance. Mention that there have been many advances in Mental Health treatment.
- ❖ **ENCOURAGE** the person to get appropriate professional help.
- ❖ **ENCOURAGE** the person to get other support such as a support system, learning strategies, etc.

Another fact I was surprised by is almost one half (49%) of those who suffer from depression or anxiety have never gone to see a doctor for this problem. It is also alarming to learn that suicide is one of the leading causes of death in both men and women from adolescence to middle age. The mortality rate due to suicide is four times the rate among women.

“The mind is everything. What you think, you become.”

Buddha

“It is not what you are that holds you back; it is what you think you are not.”

Unknown

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We're on the Web!

See us at:
www.tricountyliteracycouncil.ca

Visit our website regularly to learn about the latest FREE courses being offered.

Attitude is Important when it comes to Math

Many students have anxiety when it comes to math, Dr. Jo Boaler, Professor of Mathematics Education at Stanford University, and the faculty director of **youcubed** (<https://www.youcubed.org>) offers the following advice:

1. Everyone can learn math to the highest levels. Encourage students to believe in themselves. There is no such thing as a “math” person. Everyone can reach the highest levels they want to, with hard work.
2. Mistakes are valuable. Mistakes grow your brain! It is good to struggle and make mistakes.
3. Questions are really important. Always ask questions, always answer questions. Ask yourself: why does that make sense?
4. Math is about creativity and making sense. Math is a very creative subject that is, at its core, about visualizing patterns and creating solutions that others can see, discuss, and critique.
5. Math is about connection and communication.

Represent math in different forms such as words, a picture, a graph, or an equation, and link these.

6. Depth is much more important than speed. Top mathematicians, such as Laurent Schwartz, think slowly and deeply.
7. Math class is about learning not performing. Math is a growth subject, it takes time to learn and it is all about effort.

“If my life was a book and you were the author, how would you want the story go? That’s the question that changed my life forever.”

Amy Purdy

Upcoming FREE Training:

Email 101 (new course)
Starts February 12, 2018

Landscaping & Grounds Maintenance
Starts February 20, 2018



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